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Pointing fingers over train derailment

The blame game has begun in Quebec while investigators search for causes of a devastating train derailment **PAGE 7**

Rivers could be closed for the season

Hazard. Elbow River flowing at normal rate, but Bow still three times typical flow

JEREMY NOLAIS
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Paddlers and rafters anxious to get back on Calgary's rivers may be out of luck for weeks — or possibly even the entire summer.

Water flow in the Bow river remains extremely high, running at three times what it typically would at this time of year — and continued rainfall is posing additional challenges, according to Bruce Burrell, director of Calgary Emergency Management Agency.

"As long as there's rain upstream in the Bow River basin and the flows stay as high as they are, it's just a waiting game," he said Monday.

"I would project it's going to be a few weeks, anyway, then we'll know better."

No access to water equals huge revenue loss for paddling groups offering lessons, certification

Skilled boaters

- Some paddle enthusiasts, including Alberta Whitewater Association executive director Chuck Lee, believe the city is being too cautious.

- "We have members that are quite capable of being on the water once the flood stage has passed by," he said. "We respect what the city is doing, but at the same time we're ready to be on the water."

courses and other on-water activities, according to Dan Grassick with the Rocky Mountain Paddling Centre.

Even flat-water areas near certain city parks are inaccessible as they were heavily damaged in the late-June flooding, and consistent rainfall has led city crews to significantly drain an irrigation canal used by paddlers near the Bow Waters Canoe Club, Grassick said.

He added that only the Old Man River, Milk River and portions of the Red Deer River are available for use in southern Alberta.

"Certainly there will be staff layoffs and it will be a year of financial hurt," Grassick said. "We have just been cancelling, cancelling, cancelling our lessons.... It's been a summer of no business pretty much."

Even once the water levels fall, crews will have to assess what dangers lurk beneath, Burrell said, not to mention the fact that heavy erosion in certain areas has literally changed the make-up — and potentially the behaviour — of city waterways.

"You get sand bars, gravel bars, where there used to be nothing," Burrell said, adding water turbidity is also a concern. "We've got a lot of trees that have been uprooted to the point that they're leaning into the river. There's a lot of work that's going to have to be done on the river that can't be done right now because the flows are too high."

When asked if that means Calgary's rivers may be a no-go zone for the rest of the summer, Burrell didn't rule out the possibility.

Follow Jeremy Nolaïs on Twitter @Metro_Nolaïs



RIDING THE RAGING BULL

Bull rider Douglas Duncan, from Alvin, Texas, holds on to Byrne Doff for eight seconds during a sloppy Day 4 of the Calgary Stampede Rodeo. More coverage, page 19-21

CANDICE WARD/FOR METRO

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\$349K for flood relief. Downtown parking back to normal – sort of

Downtown parking returned to normal Monday — for the most part — with the typical fees back in place and the funds flowing to the Calgary Parking Authority, rather than flood relief.

"We've collected just over \$349,000 in surface lot and on-street revenues that's going to be donated to flood-relief efforts," CPA customer-service and communications manager Shelley Trigg said.

Most downtown CPA parkades have resumed normal operations, Trigg added, with the notable exception of the Civic Plaza Parkade, which remains closed indefinitely due to major flood damage.

Private parkades beneath many downtown condos also remain inaccessible due to flood damage, and the parking authority plans to continue offering affected residents free evening parking at nearby surface lots or temporary resident passes for on-street parking in adjacent neighbourhoods.

"We'll continue to work with those affected directly; however, all the other Park-Plus operations will continue as normal," CPA general manager Troy McLeod said.

Affected condos are mostly located in Chinatown and the East Village, he added, but also include two in the west end of downtown.

"Some have alternate parking arranged and some do not, so we're just trying to work with everybody's needs and accommodate those who have no place to put their vehicle," McLeod said.

ROBSON FLETCHER/METRO



Norma Stark admits finding a place to park near her Erlton suite has been difficult since her respective parkade flooded. Now, Stampede attendees are making the situation even more frustrating, she said. JEREMY NOLAIS/METRO

Victims lament Stampede-goers parking in flood zones

Crisis fallout.
Underground lots remain submerged in many communities

Residents still cleaning out and rebuilding their flooded homes near the Calgary Stampede grounds are pleading with revellers to steer their vehicles clear of the area.

In Erlton, Glenna Cross and hundreds of others staying in both River Grande Estates and The Waterford, both of which are a five-minute jaunt from the Stampede, have been displaced from their respective parkades, which remain partially underwater.

As a temporary measure

residents have been granted on-street parking permits and signs have been put up advising non-residents to stay away, but Cross said a lack of enforcement has allowed many Stampede attendees to roam free in hopes of avoiding a pricey parking fee.

"Nobody's on the gates, nobody monitors them, nobody checks the passes," she said. "We were already going to be screwed for parking.... I personally have seen dozens and dozens of Stampede-goers circling, looking for parking and then taking one of precious few spots."

The Calgary Parking Authority (CPA) did relax enforcement during the height of the flood crisis but returned to normal operations Monday, according

to general manager Troy McLeod.

He conceded it's still difficult to determine which vehicles parked in Erlton and nearby Mission belong to people aiding with flood waste-hauling and cleanup.

"At this point, we're really just trying to gain compliance and get these areas back to normal as far as on-street parking operations go," he said, adding the authority generally cracks down on both areas during Stampede anyway.

Norma Stark hopes roving CPA vehicles means she'll have more space to legally park in the coming days.

"You just make the best of it," she said. "That's all you really can do." JEREMY NOLAIS/METRO, WITH FILES FROM KATIE TURNER

Temporary permits

- Parking struggles in Erlton caught the attention of area Ald. Gian-Carlo Carra, who told Metro on Monday he was advocating for a "full shutdown" of non-resident parking in the area.
- To receive a temporary permit for Erlton or Mission, residents can head to the Calgary Parking Authority office at 620-9th Ave. S.W. or call 403-537-7000. General manager Troy McLeod said passes have been sent by courier to those unable to get to the office.

1 NEWS



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Calgary's wild-west tech scene

IN DAY 2 OF OUR SERIES ON THE CITY'S BOOMING STARTUP SCENE, WE LOOK AT A COUPLE WHO WENT FROM BASEMENT TO BOARDROOM AND A WEEKEND WORKSHOP FOR WOULD-BE ENTREPRENEURS. GO TO METRONEWS.CA FOR DETAILS ABOUT OUR MONTHLY APP CHALLENGE

KATIE TURNER/METRO

katie.turner@metronews.ca

Tired of working out of their basement, tech entrepreneurs Christian and Victoria MacLean decided to stop complaining and do something about it.

The couple have been involved in the tech scene for most of their adult lives, but it wasn't until a few years ago that they realized there was an entire community in Calgary that was just like them.

"At the time, it felt like there was nothing in between us in our basement and San Francisco," Victoria says. "We'd go to these conferences and these events in San Francisco, Vancouver, wherever, and we'd actually meet other Calgary startups. That's when we started to realize that there was a whole community here, but we didn't know each other."

The pair took action in 2010, launching Startup Calgary, an organization dedicated to bringing that community of entrepreneurs together and assisting them in launching their technology businesses.

"There's so much you have to learn, and quickly, that having that acceleration through mentorship and connection is really, really key," Christian says.

Three years later, the MacLeans have worked those connections and dived head-first into their latest endeavour. BeauCoo was born out of Victoria's own frustrations shopping for plus-size clothing.

"I would go to malls and have really negative and emotional experiences when I couldn't find clothes," she says. "I ended up turning to the Internet, as any smart woman would do. I realized I wasn't alone on this issue and this is a very common thing."

BeauCoo is a network of



Husband-and-wife duo Christian and Victoria MacLean are the masterminds behind BeauCoo, a Calgary startup looking to make fashion more accessible for plus-size women. KATIE TURNER/METRO

Up to the challenge?

- In conjunction with Startup Calgary, Metro has launched a monthly app challenge.
- Local startups are looking for feedback and you can help by searching apps from Calgary developers at metronews.ca.
- This week, try GetQ'd and Takeout King and let us know what you think.

women who share photos, tips on what clothing looks good on their body types and form connections with others.

Last fall, BeauCoo received a \$1.1-million investment from angel investor and fellow Calgary entrepreneur Brad Zumwalt.

"They're going after a very

big space in the market," Zumwalt says. "We're confident that it could turn into a good investment."

Christian describes BeauCoo as Instagram meets ModCloth. "This is one of those really interesting problems that can benefit from the application of a little bit of technol-

ogy," he says.

Available online at BeauCoo.com as well as in app form for iPhones and Android, the MacLeans plan to take BeauCoo to the next level in the coming months. "We're going to be working with brands. Then, beyond that, we're going to manufacture our own clothes," Victoria says.

Even as their business grows well beyond the confines of their basement, the couple say they plan to stay in Calgary.

"We get the question all the time: 'How do we become the next Silicon Valley?' We don't. We become Alberta," Christian says. "This is our home and where we plan to grow our business."

Starting up at Startup Weekend

Those looking to cram months, or even years, of work into a few days need look no further than Startup Weekend.

The three-day event, running in Calgary from July 12 to 14 at Mount Royal University, aims to accelerate entrepreneurs from the idea stage to a full-blown product, organizer Lloyd Lobo says.

Startup Weekend is a worldwide event that Lobo

says has produced some 100,000 entrepreneurs. "It's the largest startup organization in the world," he says.

The Calgary event is accepting about 100 participants who will pitch technology-based ideas (anything from apps to radioactive pants, Lobo says) on the Friday. The top 10 to 12 ideas as selected by the group will then break off and form teams of developers and marketers.

We'll tech you there

To learn more about how to get involved in Calgary's tech-startup scene, check out Wednesday's Metro.

"They build software that people can use. They do all the Twitter, the Facebook, the marketing and they launch it by Sunday," Lobo says.

The teams then pitch to a panel of investors and community leaders, and the winners get a variety of prizes that range from co-working space to the chance to present their ideas at various events.

"You're really getting the whole nine yards in three days."

For more information or to register, go to Calgary.startup-weekend.org.

KATIE TURNER/METRO

Other Alberta-born tech startups on their way up



1

2



3



4

1 Tinyplots

Calgary green thumbs can learn how to grow food through this online platform that hosts how-to videos, available at tinyplots.com. The creators, among them instructor Jordan Brown, are also hosting an in-person intro course this summer for 70 students.

2 FastCab

Created by Jeff Doecker to address Calgary's taxi issues, FastCab lets users "e-hail" a cab by downloading an app, confirming their location and waiting for a response from one of several city-approved taxis.

3 PetroFeed

Sort of like a social network for oil and gas, founder Ashley Dunfield says PetroFeed represents wells, pipelines and companies instead of personal profiles in an effort to make things more efficient for the industry. PetroFeed has received more than \$3 million for early-stage development and Dunfield says the network has already had interest from investors.

4 StrokeLink

After working as a kinesiologist in brain-injury rehab, Morgan Moe was inspired to create this mobile app that allows therapists to create customized programs for patients for their rehabilitation following a stroke. KATIE TURNER/METRO

Province to follow up on GuZoo video claims

Roadside attraction.

The controversial zoo, which opened in 1990, has had its licence revoked before and later reinstated

Provincial officials are "following up" on new photos and videos that surfaced on Monday that are fuelling

criticism of Alberta's roadside GuZoo.

Carrie Sencartier, spokesperson for Alberta Sustainable Resource Development, said it's too early to determine if the zoo, which had its licence revoked in 2011, and then reinstated under strict guidelines, violated operating procedures.

"It is our expectation that GuZoo will meet conditions of its zoo permit and our wildlife legislation," she said.

"We are going to follow up and find out as much as we can about the video and go from there."

Metro first reported Sunday on the new footage and photos of the controversial zoo, which opened in 1990. It appeared to show filth in birdcages, maggots in food left in a cage with domestic cats and at least four animal carcasses stacked in with other trash.

The Council of Concerned

Albertans for Animal Welfare and Public Safety, which provided the items to Metro, said they came from an anonymous source. The images have reignited calls on the province to shut down the zoo, which houses 400 domestic and exotic animals.

On Sunday, GuZoo owner Lynn Gustafson said he felt violated, alleging four breaches of privacy at the site in the past two months. But Monday, as thousands flocked on-

line to criticize the facility, he appeared to up the ante.

"Domestic terrorists is what they are," he said. "The government has six months to do something about this group, or I will shut my gates to the public. It will be for my family and my friends."

Three Hills RCMP received a complaint of trespassing at GuZoo on Monday, Const. Rob Harms confirmed.

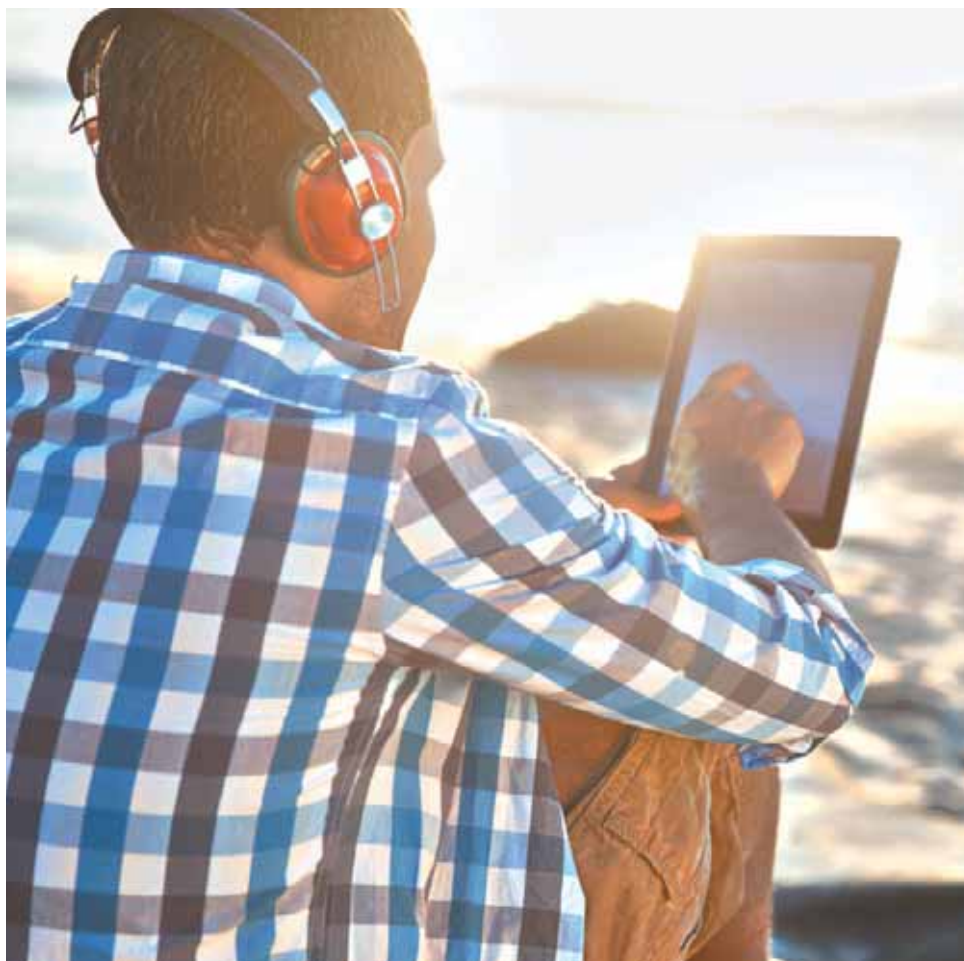
JEREMY NOLAIS/METRO, WITH FILES FROM THE CANADIAN PRESS



GuZoo is near Three Hills, Alta.

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Albertans 'cowboy it up' on Amazing Race

As the only two born-and-raised Albertans on the inaugural season of Amazing Race Canada, Jamie Cumberland and Pierre Cadieux felt a little additional stress.

The duo are best friends who met 15 years ago through the Alberta Rockies Gay Rodeo Association, and were big fans of the Amazing Race.

When they found out about the Canadian version coming to CTV this year, Cadieux said he immediately received an excited phone call from Cumberland.

"It was always a dream, so we thought why not put our names in the hat and see what happens," Cadieux said.

Cadieux, 38, lives in Innisfail and Cumberland, 47, lives

in Airdrie. Of the nine teams, only one other contestant lives in Alberta.

"We were truly the most western-looking. We were cowboy-ed up the entire time," Cumberland said. "If we let ourselves get caught up in that, it was actually quite daunting to think we were representing everyone in Alberta." KATIE TURNER/METRO

Is this the right channel?

Kingkade jumps to News Talk 770

Familiar X929 morning host Roger Kingkade will join Eryn Kelly as the new morning team on News Talk 770 later this summer.

Kingkade replaces Dave Rutherford, who was planning to retire at the end of July, but was let go last month after on-air remarks about his company's handling of Calgary flood coverage. METRO

Billy Powers case. Psychiatric assessment ordered for accused

A man accused of killing a former Calgary sportscaster and his wife has been ordered to undergo a psychiatric assessment.

Derek Puffer, 35, had a bandage on his head when he briefly appeared in court on Monday.

The lawyer representing him just for the day told the

court there was "some concern" about his fitness to stand trial.

Puffer is charged with second-degree murder in the deaths of Billy Powers and his wife, Donna Lee.

The couple were found stabbed to death in their bed in their home on Thursday.

THE CANADIAN PRESS

A photograph of Gord Stewart, Calgary's new director of flood recovery, speaking to reporters. He is wearing a light-colored cowboy hat, glasses, and a dark suit jacket over a light shirt. He is holding a microphone and appears to be in the middle of a speech. In the background, another man in a dark jacket and glasses is visible, looking towards the camera. The setting appears to be outdoors, possibly on a city street or in front of a building.

Gord Stewart, Calgary's new director of flood recovery, speaks to reporters Monday. ROBSON FLETCHER/METRO

Flood-recovery czar appointed

Resume. Stewart's civic experience includes work in water, waste, and transportation services, as well as Red Deer fire chief



**ROBSON
FLETCHER**
robson.fletcher@metronews.ca

Meet Gord Stewart, the man who will oversee Calgary's flood recovery for the next several months — at least — and possibly as long as a year.

Stewart will take a leave from his regular position as

director of transportation infrastructure, a job that involved co-ordinating major projects such as the west LRT and airport tunnel.

"He has enormous expertise in managing large and complex projects," Mayor Naheed Nenshi said Tuesday, as he introduced Stewart as the city's new director of recovery operations.

Stewart said his new job will involve less major construction and more assessment, prioritization and planning.

"It's not so much building, it's organizing and having a plan to go forward," he said. "There will be construction aspects to it but they won't be the critical items."

One of the biggest challenges, Stewart added, will be figuring out not only which city assets need to be rebuilt, but to what degree they should be upgraded to be more resilient to future flooding and other threats.

"How much do we enhance those things to meet the modern standards, and how do we work that into our budgeting?" he said.

While the provincial and federal governments have promised recovery funds, Nenshi said the city will need to cover some share of the cost from its own resources.

"It would be very foolish to assume that the city will get out of this without paying a penny," he said.

TD Insurance says it will cover sewer-backup claims

As dozens of Calgarians organized to publicly call out TD Insurance for denied claims, the company said Monday it will step up to help homeowners who suffered sewer backup during the city's flood.

More than 75 households in the Elbow Park, Rideau and Roxboro communities were "ill-informed" of their coverage from TD Insurance and initially had sewer-backup claims denied, according to group organizer Steve Forrest.

to a public meeting of community residents on Tuesday, and said it will likely still go ahead in spite of Monday's apparent about-face from the company.

A spokesperson for TD Insurance said Monday that, because of the hardship caused by the devastating floods, it will pay for sewer-backup losses within the limits of individual policies.

The move follows similar pledges made last week by other companies, includ-

ing RBC Insurance and AMA Insurance, which were also called out publicly for initially denying many claims.

Forrest said he hasn't yet heard from his own insurance adjustor and he'll believe TD's pledge when he receives a cheque.

A TD Insurance spokesperson said the company will be reaching out to Alberta customers in the coming days.

**ROBSON FLETCHER/METRO, WITH FILES
FROM CANADIAN PRESS**

Players point fingers as town carries on

Lac-Mégantic disaster.

Rail company and the fire service of a nearby town blame each other

The finger-pointing has begun in Quebec while investigators search for causes of a devastating train derailment that has triggered a still-rising death toll.

Statements from various

players pointed Monday to a possible dispute about what happened and who's to blame.

The fire chief in Nantes, Que., a town near the ruined Lac-Mégantic, said he can't believe a train was left running and unattended in the hours before the disaster, when it had already just been in flames.

Patrick Lambert said his team had been trained by the Montreal, Maine & Atlantic railway to handle fires on its line

— and that it had fought four fires on the company's trains in the last eight years.

Firefighters intervened late Friday to put out the blaze in Nantes, about 10 kilometres up a slope from Lac-Mégantic. Hours later, that same train rolled into Lac-Mégantic and exploded, killing at least 13 and leaving nearly 40 more missing.

Lambert said the engine was shut off as per standard procedure and the blaze was put out.

"The people from MMA told us, 'That's great — the train is secure,'" Lambert said.

The rail company tells the story differently.

Edward Burkhardt, the president and CEO of parent company Rail World Inc., suggested Monday that the fire crew didn't do enough — and that the decision to shut off the engine to put out the fire may have disabled the brakes.

"As the air pressure de-

flates, (the brakes) will become ineffective and an hour or so after the locomotive was shut down, the train rolled away," Burkhardt told the CBC.

While the fire service said it left the train in the care of a track-maintenance employee, Burkhardt said it's possible that person might not have known how to secure the breaks.

"Why did they not rouse the engineer (from bed)?" he asked.

THE CANADIAN PRESS



Raymond Lafontaine, who lost a son and two daughters-in-law, hugs Maud Verrault, who lost friends and fellow workers. RYAN REMIOWZ/THE CANADIAN PRESS

Asiana crash. Coroner to verify findings on whether girl was killed by fire truck

A coroner said Monday he would not report for "at least two or three weeks" whether one of the two Chinese girls who died in the Asiana Airlines plane crash in San Francisco was struck and killed by an emergency vehicle.

San Mateo County Coroner Robert Fouchault said that while autopsies of the two teens have been completed, he wants to review information from the public-safety agencies that responded to Saturday's crash and audio dispatch files before determining their causes of death.

"This is a very high-profile case and has obviously generated a lot of attention," Fouchault said. "I want to make absolutely sure my conclusions are correct."

San Francisco fire officials acknowledged that one of their trucks may have accidentally struck one of the two girls, who were the only fatalities.



The two victims, Ye Mengyuan, left, and Wang Linjia, in an undated photo. THE ASSOCIATED PRESS

Federal accident investigators have reviewed airport surveillance footage to see if it showed someone being struck by a fire truck on the runway and found "it wasn't conclusive," National Transportation Safety Board chairwoman Deborah Hersman said.

THE ASSOCIATED PRESS

Egypt. Brotherhood calls for all-out rebellion after protest ends in 54 deaths

Egyptian soldiers and police clashed with Islamists protesting the military coup in bloodshed that left at least 51 protesters and three members of the security forces dead, officials and witnesses said.

The deaths plunged the country deeper into crisis, with calls by the Muslim Brotherhood's political party for all-out rebellion against the army.

The carnage outside the Republican Guard building in Cairo marked the single biggest death toll since massive protests forced President Mohammed Morsi's government from power.

Even before all the bodies

were counted, there were conflicting accounts on how the violence began. The pro-Morsi protesters said the troops attacked their encampment without provocation just after they had performed dawn prayers. The military said it came under a heavy assault, first by gunmen who killed an army officer and two policemen.

Witnesses from outside the protest camp said troops appeared to be moving to clear the days-old sit-in and were firing tear gas when gunfire erupted.

More than 400 were wounded in the mayhem, officials said. THE ASSOCIATED PRESS

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Coal burning

Pollution linked to shorter life span in northern China

A new study links heavy air pollution from coal burning to shorter lives in northern China. Researchers estimate that the half-billion people alive there in the 1990s will live an average of 5.5 years less than their southern counterparts because they

breathed dirtier air.

China itself made the comparison possible: for decades, a now-discontinued government policy provided free coal for heating, but only in the colder north. Researchers found significant differences in both particle pollution of the air and life expectancy in the two regions, and said the results could be used to extrapolate the effects of such pollution on lifespans elsewhere in the world.

The study by researchers

from China, Israel and the United States was published Tuesday in the Proceedings of the National Academy of Sciences.

While previous studies have found that pollution affects human health, "the deeper and ultimately more important question is the impact on life expectancy," said one of the authors, Michael Greenstone, a professor of environmental economics at Massachusetts Institute of Technology. **THE ASSOCIATED PRESS**



A woman wears a mask in Beijing.
GETTY IMAGES/FILE



A woman dove head-first through the window of her marooned car before wading away in the thigh-deep water in Toronto on Monday. FRANK GUNN/THE CANADIAN PRESS

Storm makes for a nightmare commute in T.O.

City streets flooded. Severe thunderstorms cause blackouts, havoc on roads around Toronto

Record-smashing rains knocked out power for hundreds of thousands of residents across the Greater Toronto Area, including the majority of Mississauga, and so badly flooded some roads and major highways that drivers abandoned their waterlogged vehicles.

Mississauga, a city of more than 700,000, saw some of the worst of the blackouts with 80 per cent of the community plunged into the dark, according to power distributor Enersource. By around 10 p.m., only about 50,000 were with-

out power.

Environment Canada said some parts of the GTA had been drenched with more than 100 millimetres of rain, trouncing the previous one-day rainfall record of 29.2 mm in 2008 for Toronto and even beating the 74.4 mm monthly average for July.

Water from flash flooding poured out of sewer drains while Toronto's downtown core was dotted with abandoned vehicles.

Drivers were not the only ones dealing with problems getting around after the severe thunderstorm system hit at about 5 p.m. All of Toronto's subway service was temporarily halted due to power and signal issues. Some stations were also flooded. Partial service later resumed but large parts of the system were still shut down.

THE CANADIAN PRESS

Goodbye. Vic Toews says he leaves us with a safer nation

A federal cabinet minister who suggested his opponents were allies of child pornographers and saw details of his sordid divorce on social media while he argued for increased Internet surveillance is leaving politics.

Public Safety Minister Vic Toews announced Monday, in the leadup to an anticipated cabinet shuffle, that he was resigning as MP for the Manitoba riding of Provencher.

"I am leaving public life in order to focus on my family and to pursue opportunities in the private sector," Toews said in a news release.

Toews, 60, was first elected to the House of Commons in 2000. In the last federal election

Not a friend to all

Not everyone will miss Toews.

- "All too often we saw spite and short-sightedness instead of gravitas," said federal NDP ethics critic Charlie Angus.
- "Many of my colleagues and myself won't miss his insults," added NDP justice critic Francoise Boivin.

in 2011, he won the seat for the Conservatives with just over 70 per cent of the vote.

THE CANADIAN PRESS



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Agency beams ads into rail commuters' heads



Ad agency BBDO Germany is testing out a new way to market products to rail passengers. When someone's head touches a train window, it activates an ad that uses so-called bone-conducting technology — which makes it sound as if the commercial is playing in the passenger's head. ISTOCK

Germany. When a sleepy passenger leans his head against a window, an ad with bone-conducting technology is triggered



The European marketing world has a new trick that may prove difficult for people to escape — especially those who happen to nod off while on a train.

Ad agency BBDO Germany has been testing a system that transmits a message from the windows of a train. Using so-called bone-conducting tech-

nology, the ad is activated when a commuter's head touches the glass and enters their inner ear, playing only for them.

"Passengers were pleasantly surprised," a spokesperson told Metro, following trials on public transport in North Germany with an ad for Sky Media. "It can also be used for entertainment, weather updates and so on."

Similar bone-conducting technology is used in the forthcoming Google Glass device, and the model could become common if successful.

"It's at the trial phase and the public reaction will decide if this takes off," Ian Barber of the Advertising Association told Metro. He added that "public space is the innovative sector" and near-field technol-

Quoted

"It's at the trial phase and the public reaction will decide if this takes off."

Ian Barber of the Advertising Association

ogy, facial recognition and augmented reality are all developing fast.

But reaction to the innovation has been mixed, with technology author Cory Doctorow describing it as "nightmarish," while some online comments included promises to smash the glass.

BBDO claim the prototype has been successful but are waiting on customers before announcing a roll-out date.

Loonie rises amid strong housing data

The Canadian dollar closed higher Monday amid data showing surprising strength in the Canadian housing sector in May and a survey showing that Canadian companies remain cautious on investment and hiring.

The commodity-sensitive loonie also benefited from rising metal prices, and was up 0.07 of a cent to 94.7 cents US.

Statistics Canada reported that building permits worth \$7.3 billion were issued in May, up 4.5 per cent from April. Economists had expected a drop in the neighbourhood of 10 per cent.

Back to parity?

- A new report from CIBC World Markets says the loonie should stay within a couple of cents of current levels for the rest of the year, then rebound to parity with the U.S. greenback by the end of 2014.

The increase in May came mainly from the residential sector in Ontario and the non-residential sector in Quebec.

Meanwhile, the Bank of Canada's latest survey of business intentions suggests Canadian companies are uncertain about the pace of the economic recovery. And the survey of 100 firms indicates corporate Canada is pulling back on their investment plans and keeping hiring modest.

The Bank of Canada itself has called on business to invest more in order to be in position to take advantage of the global economic recovery when it comes. But the survey suggests that executives appear to be saying the expansion must come first. **THE CANADIAN PRESS**



Are the new Twinkies a bit too well-preserved?

Twinkies don't last forever, but they'll have more staying power than most people remember when they return to shelves next week. Hostess Brands LLC says the spongy yellow cakes will have a shelf life of 45 days when they start hitting stores again July 15. That's nearly three weeks longer than the 26 days that the old company — which went out of business last year — had stated as the shelf life for Twinkies. A spokeswoman for Hostess declined to say what changes were made to extend the shelf life, saying that it is proprietary information.

THE ASSOCIATED PRESS

Mortgage rules

19% of first-time homebuyers have delayed purchase

A new BMO study suggests roughly one in five potential first-time homebuyers have postponed their purchase since Ottawa tightened mortgage rules last year. Finance Minister Jim Flaherty introduced his new lending rule a year ago Tuesday. Since then, 19 per cent of those polled by BMO say they have decided to wait longer to buy their first home. **THE CANADIAN PRESS**

Market Minute

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NARCISSISM? AT THE GYM? OBVI

At 27 years old, I'm finally at a place in my life when I spend more time in sneakers than high heels. Weekends that were once spent partying are now devoted to working off the pounds I put on in my early 20s.

Every Saturday morning I haul myself out of bed to attend a ballet barre fitness class at a studio by my apartment. The hour-long class is filled with impossibly beautiful women, many of whom are trained dancers. I have all the grace of a rhinoceros in comparison to these elegant and toned swans but I figure as long as I keep showing up it's got to count for something.

The instructor, a sculpted goddess who always looks as if she just finished a photo shoot for Shape magazine, insists that everyone watch themselves in the mirrors to ensure proper form and see



SHE SAYS
Jessica Napier
metronews.ca

how our bodies look as we go through the movements.

I have a hard time with this as I've always hated the idea of working out in front of any sort of reflective surface. I associated mirror-gazing with iron-pumping body builders and women who put on a full face of makeup and curl their eyelashes before heading off to their morning pilates class.

But the more I work out, the more I've come to realize that there's something to be said for a little bit of narcissism at the gym. Sure it's vain to admire your body while curling your biceps but hey, isn't the gym the most reasonable place to exercise a bit of vanity?

If you're spending a few hours a week working out, it's not entirely unreasonable to try and look good while doing it. For me, a big part of this means investing in

a good workout wardrobe. I want my clothes to be high performing; but I also want them to look reasonably stylish. I know that most exercise routines could be completed in well-worn sweats; but throwing on an oversized T-shirt just doesn't motivate me to sweat it out nearly as much as a colourful, racer-back tank top.

I've caught some flak for my substantial collection of pastel Nike Frees and \$90 yoga pants — you'd think I signed a sponsorship agreement with my local Lululemon — but it's petty to criticize people for incorporating a little fashion into their fitness routine. I'd rather someone judge me on the number of push-ups I can do in a row, not because you think my outfit is trying too hard.

If you head to the gym on a regular basis to get in shape, gain strength and sculpt your body, then it's not so objectionable to dress up a little and check yourself out every once in a while.



Follow Jessica Napier on
Twitter @MetroSheSays

ZOOM

Pride and fibreglass



DAVID PARRY/PA/THE ASSOCIATED PRESS

Firth immortalized as Mr. Darcy from Pride and Prejudice

It's Colin Firth, but not as we know him. He's 3.7 metres tall and made of fibreglass.

A statue of brooding Mr. Darcy, the character played by Firth in Pride and Prejudice, was installed Monday in London's Serpentine lake.

The figure shows Darcy

emerging from the water in a soaked shirt, recreating a scene from the 1995 television adaptation of Jane Austen's novel. The scene helped turn Firth into a sex symbol and is regularly voted among Britain's most memorable TV moments.

One of the sculptors, Toby Crowther, said the work took the lake scene as a starting point but also drew on other depictions of Austen's romantic hero.

The statue, which shows Darcy from the waist up, was placed amid the swans and swimmers in the Hyde Park lake to promote Drama, a new TV channel dedicated to British programs.

It is scheduled to go on display at several locations before being installed in a lake in Lyme Park, northwest England, where the scene was filmed. It will remain there until February.

THE ASSOCIATED PRESS

Viewers have their say

"We did a survey of 2,000 TV viewers and the most iconic moment was Mr. Darcy's emergence from the lake and his meeting with Miss Bennett."

Adrian Wills, general manager of UKTV channel Drama, told U.K. newspaper the Guardian.

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

So you're heading out of town and spent more time preparing your vacation wardrobe than booking your hotels. No

problem. With more hotel help apps and websites around than you can throw a pina colada at, you should be able to find a place to stay faster than you can say "cerveza, por favor."

Lonely Planet:

Known as the budget backpackers' bible, the Lonely Planet's website lets holiday makers of varying budgets find a place to stay from hostel beds to luxury resorts. Just plug in your dates, budget and LP does the rest.

Hotwire:

If you're looking for a five-star room at a one-star price, Hotwire's your site — as long as you don't mind surprises. Hotwire lets you choose the hotel based on the area and

amenities you're looking for, but keeps the hotel name a secret until you've booked.

Booking.com:

Though the site does much the same as many of the other travel sites, booking.com also offers secret deals — kind of hybrid between traditional booking sites and Hotwire-type sites. It also alerts you when a room is the last available room in a hotel (which could just be a ploy to make you stop humming and hawing and book already).



LONELY PLANET

Twitter

@metropicks asked: Would you smash a stranger's car window to save a dog? How about a child?

@mackaylc: What is the alternative, watching them die? I would definitely smash a window to rescue a child or animal in distress.

@canuckitude: The cost for the stranger to replace a window is nothing compared to the loss of a life. Child or Pet.

@MicheleCrystal: my dad did for a dog when I was little! Still remember it and I def would if I saw one today

@koolkirbs: You can always buy a new window, but the life of a child cannot be replaced.

@howwon: Yes and I would stick around to snap a photo and share them on the social media network.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: calgaryletters@metronews.ca

DVD reviews



Dead Man Down

Director: Niels Arden Oplev

Stars: Colin Farrell, Noomi Rapace, Terrence Howard

•••••

The cautionary adage about weaving tangled webs in the process of deception certainly applies to this overwrought thriller, which topples from the weight of its own contrivances. This U.S. debut by Denmark's Niels Arden Oplev, who directed the original version of *The Girl With the Dragon Tattoo*, sets up a promising scenario of rival revenge seekers, played by Colin Farrell and Noomi Rapace. The premise gets knotted up through a tangle of Dragon Tattoo-style symbols, a surfeit of characters and subplots and a script by J.H. Wyman (*The Mexican*) that inspires snickers and eye rolls. All bets are off when the film resolves itself with the big, dumb explosive showdown.

PETER HOWELL

The Gatekeepers

Director: Dror Moreh

•••••

A monolith crumbles in *The Gatekeepers*, and the sight inspires awe. Israeli documentarian Dror Moreh takes us inside the Shin Bet, his country's internal security service. He shines a spotlight not just on this shadowy operation — its motto is *The Unseen Shield* — but also on the conflicted intentions and mixed emotions of the men who run it. PETER HOWELL



Derek Waters admits he's a 'snob' and said he was hesitant to put the *Drunk History* videos online. But he's glad he did. RICARDO TIRADO

Lots of drinking mixed with a little thinking

Drunk History. What started as a small bit for a comedy act is now an Internet phenom and show on The Comedy Network

NOLAN GAWRON

Metro World News in New York

Drunk History began as a short film for Derek Waters' comedy act, and that's all it was supposed to be.

"Its only intent was to be for a live show I was doing," Waters reminisces. "It was my own show and I was trying to show videos. I figured it was better to make people laugh than to put it online."

But it grew into an Internet sensation picked up by *Funny or Die* and now, seven years later, Waters and co-creator/director Jeremy Konner are bringing their *Drunk History* to The Comedy Network. Waters says his initial reluctance to even put the videos online came from how people used to view Internet comedy.

"It was right when the Internet was being judged by hits over comedy. I'm still a snob, but I was a bigger one back then," he says.

"Nothing really happened until we put it on the Internet and it got on the front page of YouTube and then Jack Black saw it and said, 'I always wanted to be Ben Franklin.' And that was that. You can't really turn down Jack Black. Why would you?"

Gathering comedic friends and notable fans, Waters and Konner film drunken narrators as they tell enthusiastic historic tales warped by inebriation, brought to life by celebrities with truly hilarious results. While it's hard to imagine that the participants are actually that drunk, Waters assures us that everything, even the vomiting, is the result of unscripted excess.

"It's 100 per cent real," says Waters.

"The narrators are completely drunk and the re-enactors are completely sober. We're trying as hard as we can to tell you about history. It just so happens that it's slightly altered."

But Konner says the narrators plan enough in advance that they at least try to get

Drunk on star power

Drunk history airs Tuesdays at 10 p.m. ET/PT on The Comedy Network.

their stories straight. But that never happens.

"We absolutely allow the stories to take their course," he says.

"We go in with a plan and the plan goes out the window immediately. What's been funny and interesting in this process is that people know the story very well. They do the research — which they should — they brush up and read over their books. We think we know how the story is going to go, but no!"

2 SCENE

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Life becomes art becomes viral video

All-American Boy.

Creator of country-rock ballad about unrequited gay love is basking in the video's success

He's a musician without a record label, a card holder without any remaining credit. And the gig that supplies what he calls "food money" may now be in jeopardy.

But after events of the last week, Steve Grand said "I would die a happy man today,"

and not for the reasons he's suddenly getting attention.

Grand's first music video, for his country-tinged rock ballad All-American Boy, was posted on YouTube last Tuesday. By last night, it had exploded, attracting more than 400,000 total views — nothing for top-charting videos from big-name recording artists, but an impressive figure for one from a complete unknown whose only promotion has been Internet buzz.

The video cost just \$7,000, a fraction of the major-names' going rate, but it was a fortune to Grand, who came up with the entire budget himself by



Steve Grand, right, and actor Nicholas Alan appear in Grand's music video. THE ASSOCIATED PRESS

maxing out his only plastic to tell the video's story.

All-American Boy portrays a young gay man who misreads signals from an apparently straight "all-American" male friend. On a day hanging out

with the gang, the two guys and a girl take off in a car. She drives, as the guys sit together in the back, with the straight man, at one point, falling asleep on the gay man's shoulder. Feeling like a third wheel,

the girl eventually angrily drives off, leaving the two men to pal around in the woods, where they end up stripping down and going skinny-dipping — even sharing a quick kiss. Ultimately for the straight guy, it

was just all in good fun. But for the gay man, it was something much more significant, and he is left dazed, confused and longing.

The story was inspired by one of Grand's own.

"I was a 13-year-old boy (at camp)," noted the 23-year-old singer-songwriter, speaking by phone from his hometown, Chicago. "One of my counselors was warm and strong and he took an interest in me — not sexually, but as a friend, and it really moved me. I remember leaving with a horrible ache in my heart."

While All-American Boy is told from the gay man's perspective, Grand said he knew its tale of unrequited love would resonate across lines of sexuality. He's received hundreds of posts on YouTube, Twitter and Facebook from viewers, both straight and gay, saying they understand such rejection and heartache.

"Like I said, I would die a happy man today," Grand continued. "And it's the first time in my entire life I can say that."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Actor Chris Pratt shows off his surprisingly fit physique. CHRIS PRATT/INSTAGRAM.

Andy Dwyer, is that you? Pratt's new pack makes us thankful for Instagram

Chris Pratt, who plays lovable small-town slacker Andy on Parks and Recreation, seemed to be getting into method acting this year — Andy got tubbier and tubbier as the season wore on.

Turns out it wasn't because of April's awesome cooking: Pratt was bulking up for a role in Delivery Man. But his next role will be a superhero in Guardians of the Galaxy, which requires him to bulk up in a different way, and as his Instagram account proves, he's been changing his lifestyle accordingly (and very successfully).

"Six months no beer.

#GOTG Kinda douchey to post this but my brother made me," the actor captioned the above proud selfie. Pratt's brother deserves the praise of a grateful nation.

Pratt and his wife Anna Faris are the parents of one-year-old Jack Pratt. Not a lot of fanfare was made about baby Jack's somewhat premature appearance on Aug. 25 of last year. Instead of appearing on any magazine covers to showboat the news, Pratt tweeted this message to his followers, "It's a boy! Thanks for all your kind words. In lieu of gifts we ask that you mouth kiss a stranger."

Is Jen pasting on a false pre-nuptial face?



Justin Theroux and Jennifer Aniston GETTY IMAGES

Jennifer Aniston and Justin Theroux stepped out together for the first time in a month amid rumours that their engagement has hit an impasse, with wedding plans reportedly on hold, according to Us Weekly. The couple — who were engaged a year ago — looked chipper enough while they went out to do some shopping in Beverly Hills on Sunday, but sources say Aniston may be putting on a brave face. "She has been cranky from the stress" of wedding planning and home renovations, a source says. "Justin's never seen her like this."

Part of me: Mayer ain't afraid to croon about Katy



John Mayer GETTY IMAGES

John Mayer is apparently done being shy about his feelings for Katy Perry. Before launching into the romantic tune a Face to Call Home during the kick-off of his summer tour in Milwaukee, Mayer offered an extended dedication to his on-again, off-again girlfriend, saying she is "more incredible than I ever thought," according to a fan's YouTube video of the concert. Mayer recounted how Perry was by his side while he recuperated from throat surgery in Montana. "She would order for me ... and she would tell people, 'it's nice to meet you, he says,'" Mayer explained. "She was so patient as to continue to get to know me and love me."

The Word



@DanielRadcliffe Dear Harry Potter, I'm Gabriel, from Brazil. Your tweet has 2 mistakes: "it has been" and "amazing".



@KimKardashian, you're beautiful. I'm Ana Beatriz from Brazil, I'm 8. Look, you wrote Were, but it's "we're". Kisses.



Hi, @justinbieber! My name is Maria, I'm 9 and I'm a fan from Brazil. Watch out: it's "we're here" not "we here". :)

#Adorable: Brazilian kiddies kick celeb spelling butt on Twitter

JULIA FURLAN
Metro World News

The scourge of bad grammar on the Internet often begins

with the people with the most visibility. From Rihanna to Miley Cyrus, misspelled words, slang and general grammar mistakes are more or less the norm — but one Brazilian English language school is seeking to change that.

The English school Red Balloon, which has schools all over Brazil, is encouraging its young students to reach out to their idols on Twitter, correcting their grammar and spelling. Tweets like "@danielradcliffe Hi Harry Pot-

ter, I'm Gabriel from Brazil. Your tweet has 2 mistakes in it: 'It has been' and 'amazing'" are often accompanied by photos of the kids looking as adorable as the entire endeavour is.

Whether anyone is actually going to pay attention to spelling and grammar on Twitter, of course, remains to be seen. Until then, the #celebgrammarmistakes are at it, though they have yet to get any celeb replies, and celebrities have yet to take the grammar lesson to heart. Clearly.

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Twitter



@Real_Liam_Payne

Can't even begin to remember who won bowling... Or why I'm awake???



@zaynmalik1D

Think I'm gonna have some weatabix with a banana now



@NiallOfficial

last night Louis made me rolly poly the whole way up the stage! regretting it! Back is destroyed in scratches and bruises from the stage



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Canadians may revel in the splendours of summer — hot-weather clothing and open-toe footwear, trips to the lake or seaside, and the no-fuss joy of outdoor cooking on the grill. But those lazy days of summer also come with a slew of health hazards, from bug bites and burns to sore feet and serious injuries. Here are five of those summer stresses and how to avoid them.

THE CANADIAN PRESS



Lawn mower mishaps

It seems like a simple idea — turn on the mower and cut the grass. But each year, thousands of North Americans are injured performing this gardening task, sometimes seriously. From 1990 to 2006, 1,161 Canadians went to hospital emergency departments with lawn mower-related injuries, with roughly half of them aged 14 and under, statistics gathered by the Canadian Hospitals Injury Reporting and Prevention Program show. With hot weather, there's also a tendency for people to dress inappropriately for the job they're doing — mowing barefoot or wearing open-toe sandals and skimpier clothes that leave skin bare and vulnerable to injury.

5

warm weather pitfalls



Foot foibles

Ah, summer. Getting out of heavy winter boots and shoes and into open-toed and heeled footwear that makes tootsies feel cool and light. But wearing flip-flops or sandals can create unexpected problems. Thin soles can put the wearer at risk for cuts or punctures from walking over sharp objects like nails or broken glass. More often, such warm-weather apparel can lead to painful, achy feet, legs and back. Problems in the feet caused by unsupportive footwear like flip-flops can transfer up the leg, leading to biomechanical dysfunction — and pain — in the knees, hips and lower back. Spending hours sightseeing is best done with a supportive walking shoe — not a flimsy, flat- or low-heeled sandal.



BBQ boo-boos

There are few things that say summer like throwing steaks or burgers on the barbie. Yet backyard grillers need to remember it's the food they want to sizzle, not themselves. Most serious burns occur either because the chef lit the outdoor grill incorrectly or used the wrong fuel, doctors say. Whether cooking up burgers, kebabs or hotdogs, the use of long-handled tongs to turn the food also will help prevent searing skin or clothing. For minor burns, hold the area under cool (not cold) running water for 10 or 15 minutes or until pain subsides or immerse in cool water or use cold compresses (not ice). Cover the burn with a sterile gauze bandage and take an over-the-counter pain reliever. For major burns, seek immediate emergency medical help.

Scorching sunburn

Nasty sunburns are a common injury in the summer. With a first-degree sunburn, soothing creams such as those containing aloe vera can help, as can cold compresses. And the person should keep themselves well-hydrated with water or other non-alcoholic beverages. But with more severe burns that cause persistent redness, pain, blistering and peeling, seek medical attention. Extremely bad sunburns may need treatment with corticosteroid creams. Of course, prevention is preferable, as repeated sun exposure can give rise to serious skin diseases later in life. Keeping exposed skin slathered with a minimum of SPF-30 sunscreen is de rigueur during the summer months.



Bug bites

While warm weather gets people outside, it also brings out the creepy-crawlies like spiders and ticks, as well as summer's curse on wings — blood-sucking mosquitoes — and potentially stinging bees and wasps. As with sunburn, prevention is the best medicine when it comes to insect bites. There are a number of steps to avoid mosquito chow downs, including staying indoors from dusk until dawn when the critters are most active. Keeping ankles covered with socks and wearing long-sleeved pants and shirts — especially in light-coloured fabrics — can help keep bugs at bay. Covering exposed skin with sprays or other topical products containing DEET can also discourage the little biters, as can getting rid of standing water around the home.

3

THE

Calling all herbivores! This grilled dish is just for you

Grilled Tofu with Maple-Soy Glaze



This recipe serves four. ROSE REISMAN



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Grilled tofu with a tasty Asian sauce is a great vegetarian substitute for protein.

Be sure to purchase the firm tofu so it doesn't break apart.

If the sauce gets too thick just reheat it gently or add a little more maple syrup.

1. Cut the tofu into six equal squares.
2. Lightly coat a nonstick skillet with cooking spray and set over medium-high heat. Sauté the tofu for 4 minutes per side or until lightly browned. Place

Nutritional analysis

Per serving: 115 calories, 7 g protein, 15 g carbohydrates, 0.3 g fibre, 3.6 total fat, 434 mg sodium

on a serving dish and keep warm.

3. To make the glaze, combine the soy sauce, maple syrup and cornstarch in a small saucepan. Whisk together until the cornstarch dissolves. Bring to a boil, then reduce the heat to low and whisk constantly for 2 minutes or until slightly thickened.

4. Pour over tofu and garnish with sesame seeds and cilantro.

Ingredients

- 1 12 oz package firm tofu
- 3 tbsp low-sodium soy sauce
- 3 tbsp maple syrup
- 2 tsp cornstarch
- 1 tsp sesame seeds
- 3 tbsp chopped cilantro

Health Solutions

Become a grill champion



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

You really ought to know the difference between barbecuing and grilling — if only so you can be pompous and pedantic at your next party. The differences involve time and temperature: grilling uses high heat and a quick cook, while barbecuing is low and slow and often with charcoal rather than gas. Most of us are pressed for time and that means we grill.

Mastering grilling

- Preheat your grill to maximum to heat the grate fully. It doesn't matter what the temperature gauge says, you want your food to hit a red-hot

surface so it doesn't stick and it does caramelize quickly.

- Clean, scrape and oil your grill after and before each use. Old food burns and leaves a bitter taste, not to mention potential bacteria.

- Chicken benefits from a quick warm up in the microwave before grilling to ensure that it doesn't dry out before it is cooked through.

- Fish does well on foil or a grill pan that can go straight to the table so you don't leave half of the delicate flesh on the grill.

- Steak does better with a quick marinade or rub, but no salt. Salt draws moisture from the flesh.

When's dinner? **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE**

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Falafel me this: Why not add some rice?

Ingredients

- 1 cup (250 ml) dried chickpeas
- 1 small onion, diced
- 2 cloves garlic, minced
- 1/4 cup (60 ml) chopped fresh parsley
- 1 tbsp (15 ml) lemon juice
- 2 tsp (10 ml) ground cumin and ground coriander
- 1 1/2 tsp (7 ml) each salt, baking powder and paprika
- 1/4 tsp (1 ml) cayenne pepper
- 1/3 cup (75 ml) chickpea flour or all-purpose flour
- 1 cup (250 ml) cooked and cooled U.S. brown rice
- 1/2 cup (125 ml) vegetable oil (approx)

Lemon Tahini Sauce

- 1/2 cup (125 ml) tahini
- 6 tbsp (90 ml) lemon juice
- 1/4 tsp (1 ml) each salt, pepper and ground cumin
- 6 tbsp (90 ml) water

To Assemble

- 5 pita breads
- 2 or 3 tomatoes, thinly sliced
- half cucumber, thinly sliced
- 1/3 cup (75 ml) finely diced red onion (optional)

1. In large bowl, pour enough cold water over chickpeas to cover by 2 inches (5 cm); let stand for at least 4 hours, or overnight. Drain well.

2. In food processor, coarsely chop chickpeas, onion, garlic, parsley, lemon juice, cumin, coriander, salt, baking powder, paprika and cayenne, stopping to scrape down sides once or twice. Add flour until blended, about 5 seconds. Add rice, pulsing just until incorporated, with some grains remaining. Let stand for 30 minutes, or cover and refrigerate for up to 12 hours.

3. Pour enough oil in heavy-bottomed skillet to come 1/4 inch (5 mm) up side of pan; heat over medium heat. Shape mixture by heaping tablespoonfuls into balls; flatten to 1/2-inch (1 cm) thickness. In batches, fry falafel patties, turning once, until golden brown and cooked through, about 5 minutes. Transfer to paper towel-lined plate to drain. Transfer to baking tray and keep warm in 200 F (100 C) oven while cooking remaining patties.



This recipe makes 30 pieces. RICE
INFO.COM

4. Lemon Tahini Sauce: In small bowl, whisk tahini with lemon juice, salt, pepper and cumin until smooth. Whisk in enough water to make pourable sauce.

5. Cut each pita in half; open to form pocket. Stuff each with 3 falafel patties, plus some tomatoes and cucumber. Drizzle with lemon tahini sauce; sprinkle with red onion, if using. RICEINFO.COM

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Give kids an active (not idle) summer

With another school year in the books, Lyne Proulx is working to help ensure her son's summer down time will be more active than idle.

Proulx, from Ottawa, said her 14-year-old, Mathieu, will be helping at his grandfather's farm as well as exploring potential volunteer activities. Mathieu will likely attend day camp, as he did last summer, where he enjoyed a range of fun-filled activities. But Proulx said it won't dominate his vacation time.

"He's 14. He's not going to want to go all summer," said Proulx, founder and editor of the Ottawa Mommy Club, a moms and kids online magazine. "We do little getaways. Every week there's something planned." Proulx has had support from fellow parents, noting that when the kids were in the nine-to-11 age range, adults who were free on particular weeks would take turns rounding up the youngsters for an activity. For parents of kids who may be too young for a job or are seeking an activity that's an addition or alternative to camp this summer, here are three ways to keep them engaged.

Take on a project

Summer can be prime time to have kids tackle a new, creative challenge — and one that's a team effort. Bunch Family founder Rebecca Brown, whose website is devoted to arts, news and culture for parents, said she's heard of families who team three or four kids to take on a collective project, which could involve working on coding or creating an art installation. "It provides some structure for kids to spend their summer pursuing things that they're passionate about as a group," said Brown, a mother of two. Parents who may be lacking in technical skills or expertise needn't worry: there are plenty of kid-targeted offerings to help guide youngsters keen to try their hand at computer programming. Scratch is a project of the Lifelong Kindergarten Group at the Massachusetts Institute of Technology (MIT) Media Lab. Provided free, it's designed for kids aged eight to 16, allowing them to program interactive stories, games and animations they can then share online. Meanwhile, the Hopscotch app offers kids an introduction to programming, permitting them to create games and animations.



Get hooked on books

Got a bookworm in the family? Brown said parents can help create some structure around their child's love of reading by crafting a summer challenge, such as aiming to finish reading a designated number of books during their vacation. Regardless of whether or not kids are avid readers, there are ways to transform this typically solitary activity into an engaging group effort. The B.C.-based Teen Reading Club (TeenRC) lets youngsters convene online to share views on a vast range of books from classic to contemporary fare, post reviews and comments and share creative projects inspired by their favourite reads.



Lend your time

GetInvolved.ca aims to help simplify the process for youngsters on the hunt for volunteer opportunities by allowing applicants to narrow potential postings based on areas of interest and skill set. According to the site, summer is prime recruitment time for events-based opportunities, and individuals can also pursue virtual volunteering opportunities.



The Nature Conservancy of Canada encourages individuals to share how Canada's natural places inspire them by using creative outlets such as writing or artwork. People of all ages can sign up to be roving reporters, submitting newspaper-style articles, non-fiction stories, photo essays and blog posts highlighting the work of conservation volunteers. "Not everyone can make it out into the field, but we think that encouraging people to have a positive experience related to nature is really a great thing," said Lisa McLaughlin, manager of conservation compliance with the Nature Conservancy of Canada. "This is just one more way for people to be engaged."

THE CANADIAN PRESS

App-arently there's a new way to find love ...

Swoon and Snapchat.

Phone applications make it easier to sext, meet people without crafting a huge profile and send private photos to those who take your fancy

AMBER
MADISON
Metro World News

The case can certainly be made that technology is damaging our dating lives. Facebook stalking rarely leads to positive outcomes, the tone of text messages can so easily be misinterpreted and new iPhones show exactly how long it took you to type that witty response. Seriously, Apple? The good news is, some apps out there can actually help you. Here are two:

Swoon
It's the first mobile dating app available on both



Swoon is like a scaled down dating site and is available on both iPhone and Android. HANDOUT

iPhone and Android, meaning a larger pool of potential mates. In case you're unfamiliar with the lingo, mobile dating apps are basically low-maintenance online dating platforms. Instead of having to put

together a whole profile, Swoon links directly to your Facebook page and pulls photos for other users to see. Once you're connected, the app lets you browse through pictures of potential matches and presents

a count of similar interests and mutual friends. Yes, it's not that much info to go on — but as anyone who's struggled with putting together a dating profile can tell you, sometimes less is more. Swoon is totally

anonymous until you and another user "like" each other and then the app allows you to chat. Although Swoon pulls some information from your Facebook, don't worry, there's no sign on your page that you're using the app — just in case you're private about those sorts of things. And ladies, the maker of the app assured me they've spared no effort to attract "high-quality" men.

Snapchat

Have you been wanting to send some nude pics, but you're nervous about them living in someone's

phone forever? With Snapchat (for both Android and iPhone), the pics you send last for 15 seconds, then get deleted. The app markets itself as "a new way to share moments with friends," but I think it's pretty clearly for your more scandalous selfies. The slight caveat with this app is that more tech-savvy users can probably find ways around the pictures' self-destruction or even ways to recover deleted images. But if you've gotta show some skin to someone special, Snapchat is definitely the safer way to sext.

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It can be fun to see your bank account grow from all your hard work picking strawberries. ISTOCK IMAGES

Ain't no rest for the children, cuz money don't grow on trees



YOUR MONEY
Alison Griffiths
money@metronews.ca

With luck, you have a working kid in the household this summer. An income is a wonderful thing when you're young. Whether it comes from mowing grass for neighbours, walking dogs, babysitting or even a lemonade stand, earned money is different than an allowance bestowed by mom and dad.

What youngsters do with those first job dollars can lay down a lifetime pattern of saving and spending.

Let kids make mistakes, by all means. I blew my first dollars earned picking strawberries on candy to feed a voracious sweet tooth. But soon I realized that saving was quite a pleasurable experience.

Kids usually love to see their

money grow in a piggy bank or a real bank. However, parents should also guide their spending. Saving involves not doing something, i.e. spending. On the other hand, spending is all about doing, i.e. buying.

Most people focus on saving as a key first financial lesson. But I find that children respond better, and learn more, by becoming smart spenders. Making the decision to buy this and not that hones a whole different set of skills than simply stashing money.

In fact, smart spending actually leads to saving as children quickly learn that if they want awesome Thunder trucks and an Almost deck for their skateboarding passion, they have to save. The easiest way to teach good spending habits without being heavy-handed is to pose this question: "How do you want to spend your summer money?"

Simply initiating the conversation makes a child feel responsible and, indeed, powerful. This all-important question raises all kinds of possibilities. Often youngsters don't differentiate between what they want now and what they might want later.

Parents can seed their thoughts on spending by bringing the future into focus — summer or winter holidays, a big school trip or a visit to grandparents. All might entail spending — which means saving now.

Instead of divvying up summer money in the classic way of spend, save, share, concentrate on allotting it to spending. Short, medium and long-term saving will flow naturally out of this.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



With glowing hearts, we see the rise of credit history

Building a credit history in Canada is listed as one of the top challenges facing thousands of newcomers that settle here every year, with many feeling "overwhelmed" by it, according to RBC Royal Bank research.

Almost one-fifth of newcomers (17 per cent), who have been in Canada less than a year, say they feel overwhelmed by all the talk about the need for credit history.

That number more than doubles to 43 per cent among newer Canadians the longer they are in the country.

"Our research shows new Canadians understand that building their credit history is an important part of establishing their life in Canada, particularly when they are ready to buy a car or house," said Paul Sy, director, Multicultural Markets, RBC.

New Canadians

Almost one-fifth of newcomers (17 per cent), who have been in Canada less than a year, say they feel overwhelmed by all the talk about the need for credit history.

Misconceptions abound when it comes to credit building for newcomers to Canada. Some believe your credit profile improves if you earn a lot of money or that it depends on your age. But lenders look at a host of factors when you want to borrow money, including your credit history, ability to pay bills and your total net worth.

Here are some tips to help

set new Canadians on a strong credit path:

- Build your credit history as early as possible. Getting a credit card is often the easiest way to start building a credit history. By making purchases and paying them off on time each month, you are establishing a record of responsibility.

- If you are unable to pay the balance on time, make sure to at least pay the minimum balance. You'll save on interest charges and still help build your credit history.

- Check your credit report at least once a year to make sure it's accurate. You can request your report from Equifax or TransUnion, two credit reporting agencies in Canada, to see where you stand. A score is on a scale from 300 to 900 and the higher the score, the better your credit. **NEWS CANADA**



Check your credit report at least once a year to make sure it's accurate. ISTOCK IMAGES

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CALGARY STAMPEDE

Tuesday, July 9, 2013

Out of this world

Retired Canadian astronaut Chris Hadfield trades in his moon boots and space helmet for cowboy boots and cowboy hat after he was named parade marshal for the 2013 Calgary Stampede. CANDICE WARD/FOR METRO

KRISTA SYLVESTER
For Metro

When it comes to choosing a worthy candidate to lead one of the largest parades in Canada, the Calgary Stampede doesn't take the task lightly. Officials say it takes someone pretty special to help kick off the Greatest Outdoor Show on Earth.

"There are no real set

rules," said Bob Thompson, president and chairman of the board for the Calgary Stampede. "A parade marshal can be all sizes and shapes and, quite often, we look to see what the contemporary thinking is out there and what is going on in the world or in Canada that would make an inspirational parade marshal."

Over the past 101 years of the Calgary Stampede, parade

marshals have ranged from royalty, political figures, athletes, musicians and Hollywood actors.

This year, retired Canadian astronaut Chris Hadfield led the charge by trading in his moon boots for custom-made cowboy boots.

"Hadfield had risen to the top of the heap as a Canadian doing what he was doing in space," Thompson said.

According to Thompson, a great parade marshal has to resonate with the public and be admired. They need to like to reach out to the public and educate them, just like Hadfield has done.

"He has every quality to be one of the best parade marshals we have ever had," Thompson said.

Hadfield says he is honoured to have been asked back

for a second time and had a few tips for any future parade marshals.

"Be comfortable on a horse and have fun," he said.

"Talk to as many people as possible. Every single person you ever meet knows something you don't know. Even on a horse as a parade marshal, I try and learn as much as I can."

Friday was Hadfield's

second time as parade marshal and is joined by the likes of Pierre Trudeau, country singer Wilf Carter, and Mickey Mouse.

"If you want to be in the double club they are probably going to have to command a spaceship, and that is not that easy to do," he joked. "Be as good and as useful of a Canadian as you can be. I am only here because I worked hard as a Canadian my whole life."

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Top it off with a hat

Cowboy couture. Wide selection of traditional western wear available on Stampede grounds

KRISTA SYLVESTER
For Metro

Come Hell or High Water T-shirts might not be readily available after flying off the shelves, but there is still plenty of cowboy couture to get geared up in down at the grounds.

If you are heading down to the grounds and you haven't geared up yet, don't fret, there are a few stores at the park that serve as one-stop shops, including two Lammle's Western Wear stores that sell diverse western wear.

Lammle's Western Wear supervisor Alina Cerminara says the hot trend this year is the Come Hell or High Water shirts, which are so popu-

lar they are jumping off the shelves.

"It's a great cause that goes to the flood relief so they're really popular and you see people wearing them everywhere all over the grounds," she said. "At Sneak-a-Peek night every single person was looking for them, but we didn't have them yet. We got them in the next day and we mostly sold out right away, so they're very popular."

There is also a wide selection of traditional western wear with or without some added flair, Cerminara said.

"We can really outfit the whole set. We have a lot of selection for cowboy boots, Wrangler jeans, western shirts, jewelry and, of course, whether you want a \$20 cowboy hat



Tina Kumick, supervisor at Lammle's Western Wear, helps Arkady Huytan get decked out in an outfit for Stampede. CANDICE WARD/FOR METRO

or a \$150 cowboy hat, we have it all."

The great thing about cowboy couture is there are different styles within the style, she said.

"You can really do any west-

ern flavour you want, from bling to down-and-dirty to the more leathery look. It's a lot of fun to put your style into it."

And don't forget your belt buckle. "We have a huge selection of belt buckles, from

Calgary Stampede buckles to John Deere buckles to bottle openers and everything in between," Cerminara said.

The Calgary Stampede store is still selling Hell or High Water shirts as well as

Heck or High Water shirts, with proceeds going towards the Canadian Red Cross Alberta Floods Fund. The shirt sales have already raised more than \$500,000, so get them while you can.

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Sarron Grey paints the face of Isabel Magnaye, 6, in the BMO Kids Zone. CANDICE WARD/FOR METRO

Special day for the kids

Kids will be the star of the show Wednesday for BMO Kids Day at the Calgary Stampede.

BMO Kids Day is a great way for families with a large number of children to get a great deal at the gate as long as they show up between 6-9 a.m. There will be free admission for children 12 and younger and accompanying adults, too.

But that's not all, says Calgary Stampede spokesperson Kurt Kadatz. There is also a free breakfast from 8-9:30 a.m. and a free morning show at the Grandstand from 8:15-10 a.m.

"It's a great day to pack up the kids, their siblings, cousins and the neighbours' kids and get out and have a great time while saving a bunch of money at the gate," Kadatz said. "You might have to get up a little early, but it's well worth it."

The BMO Kids Zone is the place to be for entertainment while BMO Thunder Sticks will be distributed at breakfast while supplies last.

Stampede organizers say Kids Day is all about making the kids feel special.

"It's just a fun day and there is a lot to see at the grounds for children. There

are so many awesome shows they can check out at the Coca-Cola stage, and, of course, the SuperDogs are a huge draw for kids and their parents. It's just a really great time."

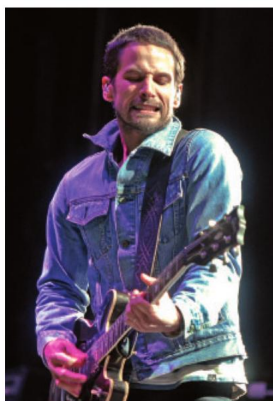
Mark Cameron says he plans to bring his three kids and a niece to the Stampede Wednesday purely for the savings at the gate.

"It just makes sense to get up early and have a bite to eat and get in for free," he said. "We're saving a lot of money by planning to go on Wednesday because the adults get in for free, too. It's great."

KRISTA SYLVESTER



k-os will play the Coca-Cola stage Thursday. TORSTAR NEWS SERVICE FILE



Sam Roberts will entertain music fans Friday. TORSTAR NEWS SERVICE FILE

Music. Variety is the spice of life

KRISTA SYLVESTER
For Metro

While some music fans are disappointed that the Calgary Stampede concert series at the Saddledome is cancelled, there are still plenty of musical acts at the grounds that will have fans cheering and clapping.

Nashville North and the Coca-Cola stage are always popular draws each year, according to stampede officials, who say there is something for everyone down at the grounds.

"What's great about the Coca-Cola stage is the concerts are included in the gate admission, which is a really great value," said Stampede communications manager Kurt Kadatz. "And we have such a great and diverse line-up this year that the variety means there is something for everyone."

And, of course, everyone loves Nashville North, not only for its musical talent but

Coca-Cola stage lineup

- Tuesday — Down with Webster
- Wednesday — Big Wreck
- Thursday — k-os
- Friday — Sam Roberts Band
- Saturday — Walk off the Earth
- Sunday — Hedley

also the party atmosphere.

"It's really unfortunate we had to cancel the concerts, but we really feel like we have other opportunities for our guests to catch some great music on the grounds," Kadatz said.

Stampede-goer Michelle Laplante says she brings her two kids to the concerts each year.

"Every year there are one or two acts the kids really



Get ready to rock with Down with Webster Tuesday at the Coca-Cola stage. THE CANADIAN PRESS FILE

want to see so it's a perfect opportunity for some fun family time," she said.

This year her kids are looking forward to Dragonette

and Hedley, she said.

"Oh, they just love it. It's a lot of fun and great to hang out with the kids and watch some entertainment together."

And don't forget other stage favourites like Terry Stokes the hypnotist and The Science of Superdogs, which is a new attraction this year.

STAMPEDE WEEK

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Drew Tate stands on the sideline with ice on his arm during Friday's game against the Roughriders in Regina. The Stampeders quarterback is dealing with a strained forearm. LIAM RICHARDS/THE CANADIAN PRESS

Stampeders QB black and blue all over again

CFL. Nursing a strained forearm, Tate takes part in practice but refrains from throwing

The health of Drew Tate is in question again.

After overcoming an injury-riddled 2012 season, the Calgary Stampeders quarterback is dealing with another injury — a strained forearm muscle in his throwing arm this time.

Tate was on the field for Monday's practice at McMahon Stadium. He worked on his footwork, but did not throw the football.

Head coach and general manager John Hufnagel said Tate's status was day-to-day. The coach wasn't sure Tate would be able to play Friday in Montreal against the Alouettes.

"We have to let it settle down," Hufnagel said. "We'll see how long it will take to get him back on the field throwing."

Feeling the pain

The 27-year-old played an excellent first half in Regina on Friday. A pair of touchdown throws and 222 passing yards against the Riders paced the Stamps to a 21-14 lead at halftime.

- But Tate struggled in the second half and Stampeders penalties also aided a Saskatchewan comeback.

Calgary and Montreal both started the season 1-1.

Tate did not finish Friday night's 36-21 loss to the Saskatchewan Roughriders, leaving with about five minutes remaining.

Veteran backup Kevin Glenn cleaned up in Regina, while Tate stood on the sidelines with an ice pack on his arm.

"There's a little pain there, but we'll see tomorrow, see how it feels," Tate said following Monday's practice.

"Am I confident I will be able to play in Montreal? I'm confident if I am called upon to play, I will play very confidently. If they tell me to go in there, I'm going to fire that ball."

Tate's first full season as Calgary's No. 1 pivot in 2012 was interrupted by injuries, starting with a separated shoulder in Week 2.

Subsequent surgery and rehabilitation sidelined him for all but the final two games of the regular season.

He then fractured a bone near the wrist of his throwing arm in the West Division semifinal win over Saskatchewan.

Glenn was Calgary's starter in the division final victory over the B.C. Lions and in the Grey Cup loss to the host Toronto Argonauts.

Tate said he began feeling pain in his arm a month ago, but completed 19 of 27 pass attempts and threw three touchdowns in a 44-32 season-opening win over the Lions on June 28.

THE CANADIAN PRESS



Chris Weidman, left, and Anderson Silva embrace after Saturday's match in Las Vegas. THE ASSOCIATED PRESS

White touting Silva-Weidman sequel as UFC's biggest fight ever

A pumped-up Dana White headed to the gym Monday morning and started planning Silva-Weidman 2.

"It will be the biggest fight we've ever done in the UFC," the UFC president told The Canadian Press from Las Vegas.

Biggest because Chris Weidman upset Anderson Silva on Saturday night in Las Vegas. And because of the manner in which the middleweight champion was dethroned.

The 38-year-old Silva, who had won all of his 16 previous

UFC fights, clowning his way to a loss. As he had done in other recent bouts, he dropped his hands and egged his opponent to hit him. In the past, his reflexes had kept him out of harm's way. But this time Silva got clocked in the second round

and went down. Referee Herb Dean stepped in after Weidman got in a flurry of blows on the champ as he lay on his back.

White called UFC 162 the most-pirated event in the organization's history.

THE CANADIAN PRESS

MLB

Davis headlines Home Run Derby

Baltimore Orioles slugger Chris Davis, who leads the majors with 33 homers, will be one of eight participants in the Home Run Derby next Monday night during All-Star festivities at Citi Field.

Davis, Robinson Cano, Prince Fielder and a player yet to be announced will represent the American League.



Chris Davis GETTY IMAGES FILE

David Wright, Bryce Harper, Carlos Gonzalez and Michael Cuddyer will go to bat for the National League.

THE ASSOCIATED PRESS

Hockey Hall of Fame

Lamoriello hopeful this is Burns' year

Lou Lamoriello gets chills at the suggestion that Pat Burns could be inducted into the Hockey Hall of Fame some three years after his death.

"He loved the game, was very successful at what he did," the New Jersey Devils general manager said of the late head coach. "I would be

just ecstatic if Pat went in."

The 2013 class will be announced Tuesday, and Burns is one of a few borderline candidates again, joining the likes of two-time Stanley Cup-winning Philadelphia Flyers coach Fred Shero and Hart Trophy-winner Eric Lindros. A couple of the best defencemen of the 1990s — Chris Chelios and Scott Niedermayer — are favoured to get in, but after that it's up for debate. THE CANADIAN PRESS

NHL



"There's still times that you can go out and get a hit and get big hits that are clean."

Forward Matt Cooke, saying he wants to shed his dirty player image with his new team, the Minnesota Wild.

Horoscopes

Aries

March 21 - April 20

What you have to do today will only be a chore if you think of it as a chore. Remember too that although your head may be full of big ideas, it's taking care of the little things that makes a difference.

Taurus

April 21 - May 21

You may be a bit old-fashioned in some things but in others you are light years ahead of everyone else and what you dream up today could make you a fortune tomorrow.

Gemini

May 22 - June 21

If you are happy with the direction your life is moving that's great. If, however, you think there is a better route to where you want to go then maybe you should make changes. Think about it today.

Cancer

June 22 - July 23

The planet Mercury rules reason and common sense but as it is currently moving retrograde through your sign it's quite likely that your thinking is a bit mixed up.

Leo

July 24 - Aug. 23

Yesterday's new moon gave your confidence a boost but there is still a lot of hard work to be done before your number one dream can come true. Remember you live in the real world, not a dream world.

Virgo

Aug. 24 - Sept. 23

Over the next few days you will notice an improvement in your affairs, at home and at work. Today though you will have to deal with someone who rubs you the wrong way.

Libra

Sept. 24 - Oct. 23

Be nice to people today but don't go too far or they may see it as a sign of weakness. On the work front especially, you need to look and sound as if you know what you are doing.

Scorpio

Oct. 24 - Nov. 22

There is no point getting involved in a fight you are unlikely to win. It's all about percentages: If the odds are stacked against you then why waste time and energy trying to improve them? Move on.

Sagittarius

Nov. 23 - Dec. 21

The planets warn this is not a good day to take chances with money. Mercury's deceptive influence will encourage you to take a risk that could end in disaster. Steer clear.

Capricorn

Dec. 22 - Jan. 20

What starts out as a simple conversation could quickly degenerate into a severe disagreement, but now you know that you will resist the urge to tell people why they are wrong and you are right.

Aquarius

Jan. 21 - Feb. 19

You may have checked the facts of a situation already but check them again. Today's Sun-Mercury link makes it easy to overlook something small that is of huge importance.

Pisces

Feb. 20 - March 20

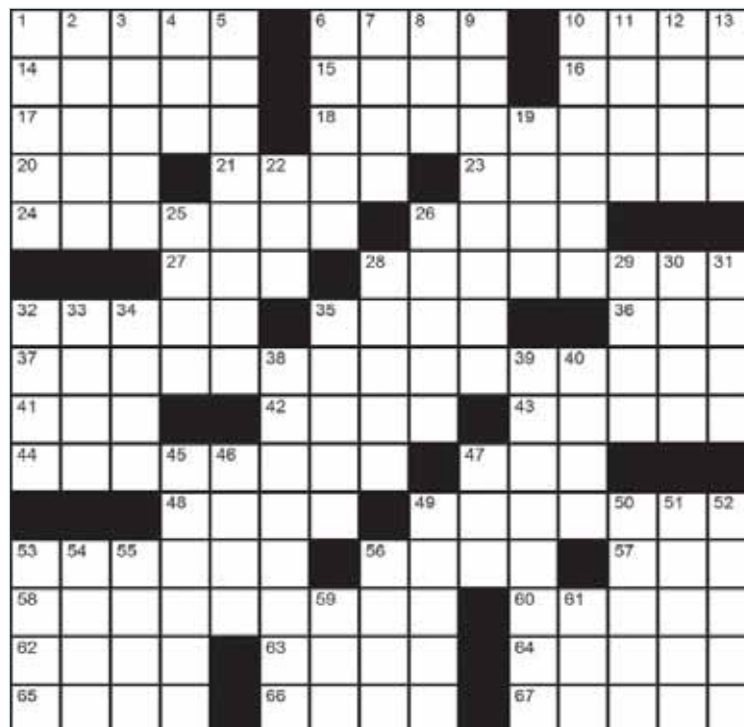
The good news just keeps on coming! What you hear today will cheer you up but if you are smart you will realize it is not quite as amazing as some people claim.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Wedding gown neckline, ___-catcher
- Wagon
- The Dalai ___
- Exterior
- Repenter
- Santa ___ (Hot winds)
- Change ___ prince (Be the fairy tale frog, do this)
- Winnipeg Blue Bombers home, ___ Group Field
- Whopper
- Biblical verb
- Have ___ (Show mercy)
- Military+rank signifiers
- Our version of the CIA
- Elton John's title
- RCMP officers
- Own up to
- Luxury label
- Eggs, Latin-style
- 'The Godfather of Canadian Hip-Hop': 3 wds.
- Hockey great Bobby
- Klutzes
- Suppress
- Cowboy hats
- Merriment
- Let up
- Nickname of the Toronto Argonauts
- Declare
- Wheat ___
- Whitesnake hit: "Here ___ Again"



- Governor General of Canada from 2005 to 2010, ___ Jean
- Rankin __, Nunavut
- Sister on "Charmed"
- Origin
- Spicy sauce
- ___ orders, as on

menus

- Some sandwiches
- Big name in hotels

Down

- Springs
- Put the machine to use: 2 wds.
- Speak
- ___ periculo (At my own risk, in Latin)

- Actor in Shania Twain's "That Don't Impress Me Much": 2 wds.
- Illusionist Mr. Angel
- Uncle's wife
- Increase, with Up
- Pirate's hoard
- Most recent

- Old World buffalo
- Dave ___ (1965 PGA Championship winner)
- Legal drama job, ___ DA
- Knee-to-ankle midpoint
- Poet's 'over'
- Egyptian goddess

- Beer brand, ___ Light
- Annoys
- Des Moines' state
- Pre-day nights
- Beauty pageant contestant's accessory
- Book of ___ (Old Testament book)
- Pub game prop
- Mother: French singer, Melanie ___
- Alarm clocks on farms
- BC community called the 'Outdoor Recreation Capital of Canada'
- Actress, Helen ___
- Small chuckle
- Cake make, ___ Lee
- Pro
- Red veggies
- Ms. Jovovich of movies
- Discharge
- ___ home (Out)
- Rocker's speakers
- iPhone's voice-activated helper
- Gulf War missile
- Clump
- Mr. Ferrigno
- Yea's opposite

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 25°
MIN: 11°



MAX: 24°
MIN: 14°



MAX: 20°
MIN: 12°



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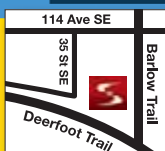
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